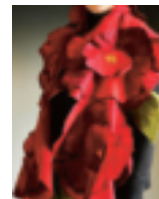




Friendship Heights

VILLAGE NEWS



Get crafty in
Baltimore,
see page 5.

FEBRUARY 2019 VOLUME 35, NO. 2 www.friendshipheightsmd.gov 301-656-2797

Take a springtime trip to the Greenbrier

It's just what you need after a winter in Washington. Join us for two days of luxury at West Virginia's historic Greenbrier resort on **Sunday, March 24 through Tuesday, March 26.**

Located amid the breathtaking mountains of West Virginia, The Greenbrier is a National Historic Landmark and world-class resort that has been welcoming guests from around the world since 1778. The natural mineral springs that drew its first guests over 235 years ago continue to lure visitors to the 11,000-acre luxury retreat today. This five-star resort boasts elegant dining (coat and



tie for gentlemen, please), a spa (soak in the famous mineral waters) and fitness center, a casino offering table games and slots, indoor swimming and tennis, carriage rides (weather permitting), nightly movies in the

Continued on page 16, see Greenbrier

Bringing a bit of NOLA to the Village Center

Don your Mardi Gras beads, wear a festive mask or just show up ready to have a great time as we celebrate Mardi Gras with a free concert by the Dixie Power Trio on **Sunday, Feb. 24, from 5 to 6:30 p.m.** at the Village Center.

We'll also have crafts for children and light refreshments for all. This family-friendly event features a rousing performance by the Dixie Power Trio, a four-piece group dedicated to the music and sounds of Louisiana. The group plays a gumbo of different styles including zydeco, Cajun, New Orleans jazz, funk, street parade, and rock. The songs are a mix of Louisiana-flavored originals and covers—all with a happy-go-lucky attitude. The



band's music has been featured on NPR's "All Things Considered" and on several WB television shows.

The event is free, but please call us at 301-656-2797 if you plan to attend.

Note: This event ends in time for you to get home to watch the Academy Awards.

Bob Levey makes a foray into fiction

Prize-winning journalist Bob Levey will discuss his new book on **Thursday, March 7, at 7 p.m.**, at the Village Center.

"Larry Felder, Candidate," Levey's first novel, is the story of a successful Washington journalist who decides to run for Congress as a candidate from Montgomery County.

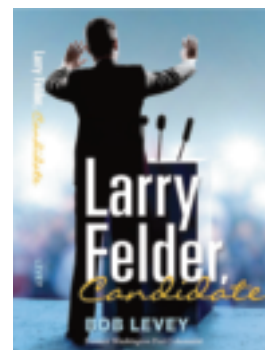
For 23 years, Levey wrote a daily column, "Bob Levey's Washington," for The Washington Post. The column looked at all aspects of life in the nation's capital. It won major awards from the Society of Professional Journalists and the Washington Journalism Review. Currently he writes a monthly column for Senior Beacon Newspapers.

Washingtonian magazine readers named Bob Levey one of the most popular columnists in D.C. seven times.

Earlier in his 36-year career at the Post, Bob Levey covered presidential politics, Congress, local news and sports.

Please let us know if you plan to come by calling 301-656-2797.

Copies of the book will be available for purchase.



John Eaton concert, see page 12.



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Addressing issues for renters

Montgomery County Renters Alliance Executive Director Matthew Losack will discuss rental issues during a talk on **Wednesday, Feb. 20, from 2 to 3 p.m.**, at the Village Center. Mr. Losack will also address price control, pending legislative proposals and the question of renting vs. buying a condominium—a concern when transitioning to retirement and aging.

This event is presented by the Friendship Heights Village Council in collaboration with the Friendship Heights Neighbors Network. The event is free. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the March issue is Feb. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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VILLAGE MANAGER
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Village Council Update

Council nominates Michael Mezey to fill vacant seat

At the January 22 Village Council meeting, Michael Mezey, a resident of 4620 North Park Avenue, was nominated by the Council to fill the vacant seat following the resignation of former Council member Alexandra Kielty. The nomination has been forwarded to the Montgomery County Council for final approval.



Michael Mezey

Village will not participate in County expansion of dockless vehicle program

After further discussion at the January 22 Village Council meeting, the Council did not choose to participate in the proposed expansion of the County program for dockless vehicles.

A County Department of Transportation representative presented the proposed expansion at the December 10 Council meeting. The expansion would include electronic bicycles (e-bikes) and possibly electronic scooters (e-scooters). Local jurisdictions were asked if they would like to opt-in to the program. Since the Village did not opt-in, users of the County's dockless vehicles will not be permitted to end a trip or park the vehicle on Village streets or sidewalks.

Please remember Friendship Heights!

Our share of income tax paid by Village residents is

still the most significant portion of Village income (funding nearly half the cost of our services). We need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2020 Proposed Budget contained in the Council's 2018 Annual Report, goes directly into services benefiting Village residents. Take special care to mark your tax return as shown below.

Remember, as Village residents, you do not pay any additional income taxes because you live in Friendship Heights! By law, as a special tax district, the Village receives a portion of the tax you pay to Montgomery County. It is very important, however, that the State of Maryland knows to return this revenue to us.

Shredding truck returns April 17

A shredding truck will return to the Village on **Wednesday, April 17, from 5 to 7 p.m.** The truck will park on Friendship Boulevard by the Center entrance. Residents are invited to use this free service.



Other action taken at the January 22 Council meeting:

- Approved revised proposal from Triad Waterproofing for \$10,500 to repair leak in Village Center.

The next Council meeting, open to the public, will be Monday, February 11, at 7:30 p.m.

| MARYLAND FORM 502 | | RESIDENT INCOME TAX RETURN | | 2018 | |
|---|--|---------------------------------------|--------------------------|------|--|
| OR FISCAL YEAR BEGINNING _____ | | 2018, ENDING _____ | | \$ | |
| Your Social Security Number _____ | | Spouse's Social Security Number _____ | | | |
| Your First Name _____ | | MI _____ | Your Last Name _____ | | |
| Spouse's First Name _____ | | MI _____ | Spouse's Last Name _____ | | |
| Current Mailing Address Line 1 (Street No. and Street Name or PO Box) _____ | | | | | |
| Current Mailing Address Line 2 (Apt No., Suite No., Floor No.) _____ | | | | | |
| City or Town _____ | | State _____ | ZIP Code + 4 _____ | | |

When you file your Maryland income tax return, please remember to put Friendship Heights under "City or Town" to ensure the Village receives our share of the state income tax.

What messages are your lips sending about you?

Certified lipsologist Ariana Lightningstorm (aka Anna Snodgrass) will entertain us with lip print readings at the Village Center on **Friday, Feb. 8, from 3 to 4 p.m.**

Lipsology, the art of lip print reading, is a fun, yet skill-based tool (similar in some ways to handwriting analysis) that can be used to learn about personality traits, energy levels and states of mind. Ariana, whom many will recognize as a long-time fortune teller at our July 4th celebration, is one of only nine certified lipsologists worldwide.

There are 25 categories of lip prints and more than 100 sub-categories, so there are a lot of data for a lipsologist to read and learn about you. This information is gathered based on the size, shape, color intensity, and special markings of your lip prints.

Using kiss cards, Ariana will collect the lip prints of guests at her "kissing station" and then will interpret select lip prints with humor and skill. Whether you're having your lip print read, or just listening to Ariana's interpretations, it promises to be a fun and entertaining afternoon.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



College Information Night for Creative Students

Families with creative middle and high school students are invited to a free workshop on **Wednesday, Feb. 20, at 7 p.m.** at the Village Center.

Representatives from ARTriculate, a college advisory service that focuses on applicants in the visual arts, performing arts and film, and Luminate Financial Planning will be on hand to discuss a number of issues related to college and the creative student.

Among the topics are careers in visual arts; performing arts and digital media; finding "best fit" colleges; the differences between a BFA and a BA; a college of art and design/conservatory and a traditional liberal arts college/university; timelines for activities throughout high school, including summers; costs of college and the different financial terms you'll hear—FAFSA, 529 Plans, Expected Family Contribution (EFC), Net Price Calculator (NPC), advertised cost, etc.; and ways to improve the application and financial planning.

Please call the Village Center at 301-656-2797 if you plan to attend.

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Visit the American Craft Show in Baltimore

Learn about the process of making, get inspired, and prepare to be wowed when we attend the American Craft Show in Baltimore on **Friday, Feb. 22.**

You'll have the chance to meet and shop more than 550 of the best jewelry, clothing, furniture, and home décor artists from across the country – including a juried showcase of talented emerging artists.

Throughout the show you'll find shared booths featuring makers in the 'Hip Pop' emerging artists program, a three-year track that provides a supportive, cost-effective pathway for artists just starting their career. In Baltimore, 36 artists are taking part in this program.

The Let's Make program features a variety of local artisans who provide demonstrations, tastings, and hands-on activities so you can experience the process of making at the show.



We'll depart from the Village Center at 9 a.m. and should return by 3 p.m.

The cost of the trip is \$49 and includes round-trip transportation and admission to the show. Lunch is on your own. For your convenience, there are food concessions and tables and chairs within the show at the Baltimore Convention Center.

Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning Feb. 5. The deadline to register for this trip is Tuesday, Feb. 19.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, Feb. 7 p.m.—Movie—“The Old Man and the Gun”— Based on the true story of Forrest Tucker and his audacious escape from San Quentin at age 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Stars Robert Redford, Cissy Spacek and Casey Affleck. Rated PG 13. Running Time: 93 minutes.



Thursday, Feb. 14, 7 p.m.—Movie—“War of the Roses”— After 17 years of marriage, Barbara and Oliver Rose want out. The trouble is, neither one wants to part with their opulent home. So begins a long war between husband and wife, reaching farcical heights that leave much of the house—not to mention their lives—in shambles. The couple’s children watch in horror while lawyer Gavin D’Amato tries his best to stem the bloodshed. Stars Kathleen Turner, Michael Douglas and Danny DeVito. Rated R. Running Time: 127 minutes.

Thursday, Feb. 21, 7 p.m.—Movie—“Boy Erased”— Jared Eamons, the son of a small-town Baptist pastor, must overcome the fallout after being outed as gay to his parents. His father and mother struggle to reconcile their love for their son with their beliefs. Fearing a loss of family, friends and community, Jared is pressured into attending a conversion therapy program. While there, Jared comes into conflict with its leader and begins his journey to finding his own voice and accepting his true self. Rated R. Running Time: 115 minutes.

Thursday, Feb. 28, 7 p.m.—Movie—“A Quiet Place”— In a post-apocalyptic world, a family is forced to live in silence while hiding from monsters with ultra-sensitive hearing. Two parents do what it takes to keep their children safe in a world full of creatures hunting every sound they can hear. Rated PG-13. Running Time: 91 minutes.



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ART and CULTURE

Friendship Gallery celebrates African American History Month with "Common Bond" exhibit

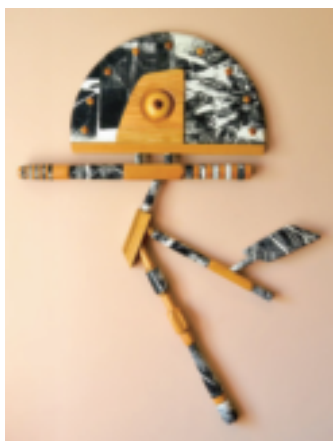


Photography instructor Llewellyn Berry curates this month's celebration of African American History Month. The exhibit, "Common Bond," brings together the works of two dozen artists. "History captures moments in time. Those moments can be within the ordinary 'course of human events' or they can, by some measure, have stature as extraordinary moments in time," said Mr. Berry.

"Art, within the human experience is unique in that each creation steps forward and declares an extraordinary moment," said Mr. Berry. "That creation has never existed before that moment and given the body of work heretofore created by the artist in mention, that work and that individual creation is an important moment. It therefore moves civilization forward."

And so, Friendship Gallery presents its 2019 African American Art Exhibit, Common Bond, Celebrating African American History Month."

Artists include Daniel Brooking, Michael Anthony Brown, Darryl Cowher, Diane English, Bruce Fagin, Richard Fitzhugh, Carolyn Goodridge, Zoe Isaac, Bill Harris, Hubert Jackson, Cynthia Farrell Johnson, Hamid Kachmar, Percy Martin, Magruder Murray, Delilah Pierce, Francesca Scott, Rhonda Silver, Preston Slater, Bryant



Upper left: The Gift of Life by Cynthia Farrell Johnson; Left: Pincurlers on the Move by Bill Harris; and above: First Lesson by Michael Anthony Brown

Small, Shomari George Smith, Marta Reid Stewart, Kamala Subramanian, Michael Syphax, and Duane Winfield.

The exhibit runs Feb. 4 through March 3.

Please join us for a chance to meet the artists during a reception on **Sunday, Feb. 10., from 11:30 a.m. to 1:30 p.m.** The exhibit begins Feb. 4 and will run through March 3. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



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Friendship Heights
Village Center



Calendar
of Events 2019

| F E B R U A R Y | | | | | | |
|-----------------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |

Mark your children’s calendars for our summer art camp

Our weeklong art camp for children returns **Monday, June 24, through Friday, June 28.**

Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creativity. Children will complete a variety of art projects, ranging from painting to pottery, to printmaking and jewelry. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center.

Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up by March 1 and pay only \$225 per child. Please register in person at the Village Center to ensure a space. Call 301-656-2797 for details.

| | | | | | | |
|--|--|---|--|--|--|---|
| 3 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers | 4 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training | 5 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30–3:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Mat Pilates | 6 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 5:30 p.m.: Community Advisory Committee Meeting | 7 8:15 a.m.: Walking Club 10:30 a.m.: Seated Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: The Old Man and the Gun | 8 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 3 p.m.: Lip Print Reading by Ariana | 2 8:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10 :30 a.m.: Basic Photography |
| 10 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m.–1:30 p.m.: Art Reception | 11 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING | 12 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman-Wood 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 7 p.m.: Mat Pilates | 13 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise 12 p.m. : Chess 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Heart Health 7 p.m.: Concert: Karen Lovejoy sings Nat King Cole | 14 8:15 a.m.: Walking Club 10:30 a.m.: Seated Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: The War of the Roses  | 15 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting | 16 8:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10 :30 a.m.: Basic Photography |
| 17 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers | 18 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books President’s Day Center closes at 2 p.m. Shuttle runs on a week-end schedule | 19 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea | 20 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m. : Chess 1 p.m.: Matthew Losack of Renters Alliance 7 p.m.: College Options for Creative Students | 21 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 12 p.m.Vision Resources Lunch and Learn 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Boy Erased | 22 9 a.m.: Depart for American Craft Show 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting | 23 8:15 a.m.: Walking Club 9:30 a.m.: Children’s Photography 10 :30 a.m.: Basic Photography |
| 24 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 5–6:30 p.m.: Mardi Gras Party with the Dixie Power Trio | 25 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.–2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training | 26 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman-Wood 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m: Tea 7 p.m.: Mat Pilates | 27 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.:Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Black History Month program with Leigh Goodwin | 28 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: A Quiet Place |  | |

| Shuttle bus hours | |
|-----------------------|------------------------|
| Monday through Friday | 6:40 a.m. to 9:40 p.m. |
| Saturday and Sunday | 8 a.m. to 7 p.m. |

| Village Center Hours | |
|-------------------------|------------------|
| Monday through Thursday | 9 a.m. to 9 p.m. |
| Friday | 9 a.m. to 5 p.m. |
| Saturday and Sunday | 9 a.m. to 2 p.m. |

Family Conversations with Older Drivers

The AARP Driver Safety program will sponsor a free series of three talks designed to give families practical tips and advice on determining when it’s time for their loved ones to hang up the keys. The one-hour talks address three main topics: the meaning of driving; observing driving skills; and planning conversations.

The talks will take place at the Village Center at **10 a.m.** on three consecutive Thursdays: **March 14, March 21 and March 28.**

Registration is required. Please call the Village Center at 301-656-2797 to sign up.





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., through Feb. 22. Class in progress, watch for renewal date.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Feb. 27–April 3. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., March 5–April 9. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$60 for residents; \$70 for nonresidents. Minimum number of students is eight; maximum is ten.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., Feb. 9–March 30. \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject

selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. .

BASIC PHOTOGRAPHY FOR CHILDREN

An 8-week course in black and white and color photography for children. Taught by Llewellyn Berry, Saturdays, 9:30 a.m. to 10:30 a.m., Feb. 9–March 30. \$80. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must bring a camera to class; digital cameras are preferred.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., March 14–May 16. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant.

WRITING

WRITING YOUR LIFE STORIES

A 10-week class, taught by Barbara Rosenblatt, Mondays, 1:30 to 3 p.m., April 15–July 1. Learn how to write a meaningful, interesting memoir. Instructor uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts,

and discussion. \$165 for residents; \$180 for nonresidents. The class will not meet May 27 nor June 24. A minimum of 6 students is required.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., March 5–April 9. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Feb. 22–March 29. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., March 6–April 10. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

An 8-week class, Mondays, 9:30 to 10:30 a.m., March 11–April 29. Taught by internationally recognized Master Nick Gracenin. Study the essentials

of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

An 8-week class, Wednesdays, 9:30 to 10:30 a.m., March 13–May 1. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Feb. 26–April 2. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

CHAIR YOGA & MEDITATION

A 6-week session, Thursdays, 10:30 to 11:45 a.m., through Feb. 14. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and

meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group Thursdays, 4 to 5:30 p.m., Feb. 14–March 28. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., March 18–April 22. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet on Feb. 18.

YOGA

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays, 9:10 to 10:30 a.m., through March 17. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$150 for residents; \$160 for nonresidents. Class in progress, watch for renewal date.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available

for consultations, Tuesdays, 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively discussions from books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Note new meeting time: the second Tuesday of every month, 3 to 4 p.m.

Continued on page 14, see Classes



CONCERTS

During January, February and March, concerts are held on the second and fourth and, if applicable, the fifth Wednesday of the month from 7 to 8 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Feb. 13 —Karen Lovejoy: A Tribute to Nat King Cole — Celebrate Valentine's Day a little early with a program of love songs honoring Nat King Cole. Vocalist Karen Lovejoy has graced the East Coast with her music since the 1990s. Bandleader of the Lovejoy Group, she has opened for national recording artists as well as being a headliner. Lovejoy has won a number of award is including the Jazz Jamie Award. A favorite on the local scene, Lovejoy has performed at the 219 Club, Twins, Mr. Henry's and Blues Alley. With a repertoire that spans several musical genres, Lovejoy delights her audiences with tender ballads, gentle bossa nova, and down-home blues. During this program, she'll pay tribute to King Cole—one of music's most iconic voices.

Wednesday, Feb. 27— Leigh Goodwin — The Leigh Goodwin Trio joins us with a musical tribute in honor of Black History Month. Ms. Goodwin has been the featured vocalist at Blues Alley, Kennedy Center, The Willard Room, The Peabody Institute, and countless venues in the D.C./ Baltimore area for 20 years. Inspired by Eva Cassidy and heavily influenced by Sarah Vaughan, Ms. Goodwin is the lead vocalist for several area big bands and for her own group, the Leigh Goodwin Trio and the MoSoundz Revue Band. Presented as a progression through time, the trio will perform the inspirational music that encouraged Black Americans through the struggle, from slavery to today. This presentation combines gospel, blues, R&B, soul and protest songs, and carries the listener through Black History from The Passage to the present, by means of song.

Born in Queens, N.Y., Ms. Goodwin credits her talent and love of vocal performance to her parents' collective 30 years on Broadway and in Hollywood musicals and to her own years of study at New York City's Performing Arts High School and the Dance Theatre in Harlem.

The Village Book Club will meet on **Tuesday, Feb. 19, at 11 a.m.** The book selection is "Manhattan Beach" by Jennifer Egan. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Broadway and Beyond with John Eaton

Enjoy an afternoon of jazz, blues and Broadway on **Monday, March 4, at 3 p.m.**, at the Village Center when the inimitable John Eaton celebrates the music of George Gershwin, Duke Ellington, Cole Porter, Harold Arlen and other greats.

Renowned piano player, vocalist, musicologist, and humorist, John Eaton, is considered one of the foremost interpreters of American music. From jazz clubs to the White House, Eaton has performed for more than 30 years. The concert is free, but please call the Village Center at 301-656-2797 if you plan to attend.

Sing, dance and play on with us on Tuesday mornings

Village Playtime takes a musical turn when Marsha Goodman-Wood brings her guitar for a singing, dancing and fun on the second and fourth Thursdays of the month at 10 a.m. at the Village Center. This month's performances are **Tuesday, Feb. 12 and Feb. 26.**

Ms. Goodman, a singer and songwriter, performs her own original songs for kids and well-known favorites guaranteed to get the audience singing and dancing. Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited!

For more information, call the Village Center at 301-656-2797.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

TO YOUR HEALTH

Vision Resource Lunch and Learn

Watching Movies with Low Vision: The Audio Description Project

If you are experiencing vision loss, some activities you used to love are now much more difficult to enjoy, if at all.

One of these activities was probably viewing your favorite television shows and movies. The American Council of the Blind's Audio Description Project (ADP) has made it possible for you to be able to still participate in these activities!

Come hear Joel Snyder, PhD, speak about the ADP and the accessible viewing options for the low vision community at the Village Center on **Thursday, Feb. 21, from 12 to 1 p.m.**, at our Vision Resource Forum Lunch and Learn at the Village Center!

ADP celebrated its 10th anniversary this past year working on promoting and advocating for the use of high-quality Audio Description in television, movies, performing arts, museums, educational materials and other venues where the presentation of visual media is critical to the understanding and appreciation of

the content. This accessibility service provides narration that attempts to



describe new scenes, settings, body language, and "sight gags" in between dialogue. There are now over 100 movies each year from all major studios with Audio Description, and several streaming services and DVDs do so as well!

The event is free, but pre-registration is required. Please call the Village Center at 301-656-2797 if you plan to attend.

The Vision Resource Forum, formerly the Vision Support Group, is sponsored by the Society for the Prevention of Blindness.

Get heart smart in February

February is Heart Health Month, which was established to inspire

Americans to recognize the nationwide problem of heart and blood vessel disease, and to support programs that address this problem. So now is a great time to think about the steps you can take to live a healthier lifestyle. Healthy lifestyle choices are essential to preventing and reducing your risk of heart disease and other heart-related conditions. HeartWell nurse, Leni Barry, RN-BC, BSN, MA, will detail common heart complications and practical strategies for heart healthy living during this month's Suburban Lecture on **Wednesday, Feb. 13, from 1 to 2 p.m.**, at the Village Center.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Our Listings in the Friendship Heights Community

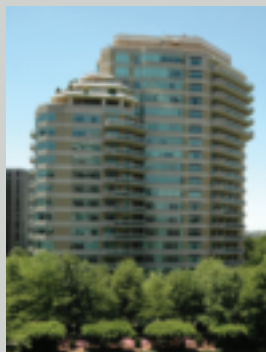
FOR SALE

5600 Wisconsin Ave. #803
\$2,075,000: 3 BR, 2.5 BA
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #407
\$1,375,000: 2 BR + Den, 2.5 BA
Views, Balcony; 2,092 SqFt

5610 Wisconsin Ave. #1606
\$1,995,000: 2 BR + Den, 2.5 BA
Renovated, Balcony; 2,770 SqFt

5610 Wisconsin Ave. #406
\$1,200,000: 2 BR, 2.5 BA
Tree views, Balcony; 2,023 SqFt



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New condo listings
coming soon

Call today for details!



Classes and Clubs, continued from page 11

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 12.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Come by for storytime at 10:30 a.m. on the first and third Tuesday of the month. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

VISION RESOURCE (Formally Vision Support Group)

Meets once per month; check calendar for day and time. See page 13 for details.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



A new class to help you write your life stories



Do you want to share important life experiences through your writing? Our stories are part of what makes us human. Whether you are a lifelong writer or a beginner, this new class "Writing Life Stories" will teach you to write a meaningful, interesting memoir.

Instructor Barbara Rosenblatt uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion for this class at the Village Center.

This 10-week course will be held Mondays, from 1:30 to 3 p.m., beginning April 15 and ending July 1. The class will not meet on May 27 nor June 24. The cost is \$165 for residents and \$180 for nonresidents.

Why not give this class as a Mother's Day or Father's Day gift to a parent or grandparent?

Inclement Weather Policy

Please note that in the event of inclement weather, the Village Center follows the Federal Government's decision.



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The Carleton



Apt 205 \$975,000 2BR 2.5BA 1,761 SF **For Sale**

COMPASS

The Elizabeth



Apt 1811 \$675,000 2BD + Den 2.5 BA 1,512 SF **For Sale**

4620 North Park



Apt PH06W \$1,050,000 2BD+Den 2.5BA 1,809 SF **Sold**

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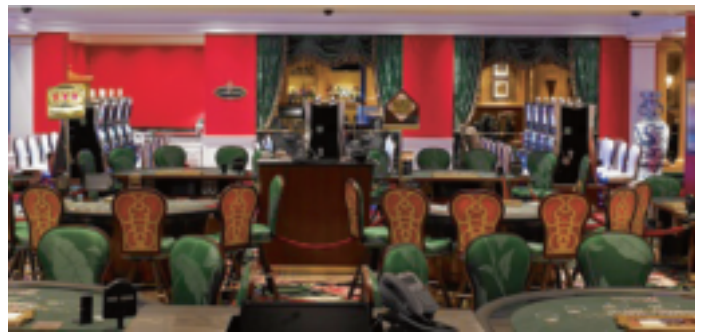
Greenbrier, continued from page 1

hotel theater, tours of the resort and the underground bunker led by a historian, fabulous shops, and afternoon tea.

In the 1950s, the government built a secret underground Emergency Relocation Center under the resort that, for nearly 30 years, was maintained to serve as the emergency location of Congress should an international crisis ever force the legislative branch out of Washington. The shelter was finally closed in 1995. The resort offers tours of the bunker, which you may book on your own.

We will depart the Village Center on Sunday, March 24, at 8:30 a.m., stop for lunch on your own en route and arrive in time for tea at the Greenbrier. We'll return to Friendship Heights Tuesday evening.

The cost of the trip, which includes two nights at the Greenbrier, two breakfasts and two dinners, two afternoon teas, the use of the fitness center, swimming pool and ten-



nis courts, movies, bunker tour, transportation and all gratuities is \$849 ; (the single supplement is \$230). A deposit of \$500 (and the single supplement) is due at signup and fully refundable until Feb. 18. The balance is due March 7. Sign-ups for residents and one guest begin immediately. Nonresidents may sign up beginning Feb. 5. The deadline to register is Feb. 15.



Friendship Heights

VILLAGE NEWS

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Chevy Chase, Maryland 20815

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February 2019 events calendar